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Contribution to Bout Me Healing

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Quantitative Analysis

Spitzer et al. (2006) studied how the GAD-7 survey measures anxiety symptoms using quantitative methods. For example, participants answered questions about how often the participant felt nervous or worried. The purpose of the study was to see if GAD-7 could measure levels accurately for individual with anxiety Spitzer et al, 2006). The dependent variable in the study was anxiety severity. For example, anxiety severity was measured by focusing on how often participants reported experiencing different symptoms. Participants answered questions using a Likert scale. For example, ranging from “not at all” to “nearly every day,” to measure how they experienced anxiety symptoms (Spitzer et al, 2006).

The questionnaires were self-report surveys, meaning participants answered questions based on their personal experiences (Spitzer et al, 2006). For example, individuals reported how often they felt nervous or not able to control feeling worried. The responses were treated as continuous variables (Spitzer et al., 2006). For example, each participant received a total score focused on how frequently they reported anxiety symptoms. Total scores were determined by adding participants responses to measure anxiety levels (Spitzer et al, 2006). For example, higher scores showed more severe anxiety symptoms. The researchers compared groups in their analysis. For example, the researchers looked at participants with low scores instead of looking at high scores. The researchers examined the difference in symptom severity to see if the scale accurately identified mild, moderate, and severe levels (Spitzer et al, 2006). For example, the researchers checked if high scores matched more severe cases. The researchers used statistical

methods such as correlation and validation tests to examine the accuracy and reliability of the results (Kumar, 2023). For example, correlation tests were used to see how anxiety scores matched symptom patterns.

This study helps guide my own research methodology when using survey tools. For example, this shows how structured questionnaires can be used to collect data for analysis. This can help to plan a research by using structured surveys like the Brief COPE Inventory and Perceived Stress Scale to collect numerical data for analysis. For example, I can compare stress and coping scores to identify patterns in participant responses. According to Typeform (2024), organizing survey responses into measurable data helps researchers identify patterns. For example, researchers can compare scores within participants to see patterns in anxiety or coping levels.

References

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